

# Fabulous Fish On A Budget

## Seafood Twice A Week For Lent

(NAPSA)—If you're looking to trim food bills or enhance your health, adding frozen shrimp and fish to your diet twice a week could pay off.

Seafood can be a lean source of protein, high in important omega-3 fatty acids and rich in a variety of nutrients including vitamin D. Plus, whether you're choosing seafood to observe a meatless Friday or simply to meet the USDA's dietary guidelines, there are a number of affordable and easy-to-prepare options.

For instance, you can find a line of delicious frozen seafood products, including a new line of fish fillets and Tilapia Tenders—which are whole, hand-cut and lightly battered tilapia fillets—from SeaPak Shrimp Company. They're an affordable and convenient way to eat more seafood. They can also be used in a variety of recipes, including this one for a delightful tilapia salad:

### Sunshine Tilapia Salad with Dijon Dill Dressing

*Prep Time: 8 minutes*

*Cook Time: 18 minutes*

*Makes: 3 servings*

#### Ingredients

- 1 package (14 oz) SeaPak® Tilapia Tenders**
- 1 bagged salad**
- 2 Roma tomatoes, diced**
- 1 avocado, cubed**
- 2 carrots, shredded**
- ½ cup light mayonnaise**



**Sunshine Tilapia Salad with Dijon Dill Dressing can be an affordable way to eat more nutritious seafood.**

- ½ teaspoon dried dill**
- 2 teaspoons Dijon mustard**
- 1 tablespoon lemon juice**
- 3 tablespoons water**

#### Directions

**PREHEAT** oven to 425° F.

**PLACE** the frozen tilapia tenders on a baking sheet and bake according to the package instructions.

**ADD** mayonnaise, dill, Dijon, lemon juice and water together in a small bowl. Stir well to incorporate. Place bowl in the refrigerator until ready to use.

**ASSEMBLE** salads in three bowls: lettuce, diced tomatoes, avocado cubes and shredded carrots.

**CUT** fully cooked tilapia tenders into bite-size pieces and place over salads.

**DRIZZLE** with 2 tablespoons of Dijon dill dressing and serve immediately.

For more information and recipes, visit [www.SeaPak.com](http://www.SeaPak.com).